

## Mrs.SANGEETA SRIVATSAN, DHNE - DIET AND HEALTH NUTRITIONIST

CONSULTING AT VICTORY HOMOEOPATHY SPECIALITY CLINIC, 50 YEARS OF TRADITIONAL HOMOEOPATHY  
ADDRESS - E BLOCK, 13<sup>TH</sup> MAIN, 12<sup>TH</sup> CROSS, OPP.BASKETBALL COURT, SAHAKARNAGAR, BENGALURU 560092  
TIMINGS – 5PM TO 7PM (SUNDAY HOLIDAY) FOR APPOINTMENT CALL– 6364752557



### GENERAL WEEKLY HEALTHY DIET PLANNER

TIME /DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7AM	2GLASSES OF WATER WITH LEMON & ALMONDS	2GLASSES OF WATER WITH PUDINA LEAVES (2-3) & WALNUT	2GLASSES OF WATER WITH CHIA SEEDS & ALMONDS	2GLASSES OF WATER WITH METHI SEEDS & DATES	2GLASSES OF WATER WITH CUCUMBER SLICE & WALNUT	2GLASSES OF WATER WITH JEERA & DATES	2GLASSES OF WATER WITH LEMON & FIGS
8AM	3 IDLY WITH SAMBAR + WATERMELON	2 DOSA WITH CHUTNEY + MUSKMELON	1 CUP PONGAL WITH CHUTNEY + APPLE	1 CUP POHA WITH CURDS + CITRUS FRUITS	1 AKKI ROTI WITH CHUTNEY + Mix FRUITS	1 RAGI ROTI WITH PICKLE + BANANA	1 OMELET + MIX FRUITS
10AM	COFFEE/TEA WITHOUT SUGAR	COFFEE/TEA WITHOUT SUGAR	COFFEE/TEA WITHOUT SUGAR	COFFEE/TEA WITHOUT SUGAR	COFFEE/TEA WITHOUT SUGAR	COFFEE/TEA WITHOUT SUGAR	COFFEE/TEA WITHOUT SUGAR
1PM	2 PHULKAS + HERKAYI DAL/TOVE + SALAD	2 CHAPATHI + ONION TOMATO GOJJU	1 CUP RICE + RASAM PLAIN PAPAD VEG STARTER	1 CUP BROWN RICE + VEG SAMBAR	1 MUDDE + GREEN LEAF SAMBAR	1 CUP BROKEN WHEAT-BISI BELE BAATH	MILLET VEG PULAO + RAITA
4PM	BUTTER MILK	LASSI	GREEN TEA	BUTTER MILK	COCONUT WATER	LIME JUICE	SUGARCANE JUICE
7PM	VEG / NON VEG CLEAR SOUP	VEG / NON VEG CLEAR SOUP	VEG / NON VEG CLEAR SOUP	VEG / NON VEG CLEAR SOUP	VEG / NON VEG CLEAR SOUP	VEG / NON VEG CLEAR SOUP	VEG / NON VEG CLEAR SOUP
9PM	BOILED VEG/PANEEER/T OFU/GRILLED CHICKEN/MULTI GRAIN SANDWITCH/ BOILED EGG WITH LITTLE RICE	BOILED VEG/PANEEER/T OFU/GRILLED CHICKEN/MULTI GRAIN SANDWITCH/ BOILED EGG WITH LITTLE RICE	BOILED VEG/PANEEER/T OFU/GRILLED CHICKEN/MULTI GRAIN SANDWITCH/ BOILED EGG WITH LITTLE RICE	BOILED VEG/PANEEER/T OFU/GRILLED CHICKEN/MULTI GRAIN SANDWITCH/ BOILED EGG WITH LITTLE RICE	BOILED VEG/PANEEER/T OFU/GRILLED CHICKEN/MULTI GRAIN SANDWITCH/ BOILED EGG WITH LITTLE RICE	BOILED VEG/PANEEER/T OFU/GRILLED CHICKEN/MULTI GRAIN SANDWITCH/ BOILED EGG WITH LITTLE RICE	BOILED VEG/PANEEER/T OFU/GRILLED CHICKEN/MULTI GRAIN SANDWITCH/ BOILED EGG WITH LITTLE RICE

